

The Anchor Line

September 2026

Hope Lutheran Church

Anchored in Jesus | Living with Joy | Reflecting His Love

Pastor Matthew Baye	586-495-0253	mbaye@hopedepere.org
Kaitlyn Gregory, DCE	920-336-9843 ext. 2	dce@hopedepere.org
Church Office	920-336-9843 ext. 1	office@hopedepere.org
Gail Thiel, Preschool Director	920-336-9843 ext. 4	preschool@hopedepere.org

www.hopedepere.org | "Hope Lutheran Church" on Facebook | "Angels of Hope" on Facebook

From the Pastor's Desk...

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.
Ephesians 4:15-16 (ESV)

Welcome to September! For many families, this month marks a transition back into the "regular" routine. In many congregations, including ours at Hope, a new ministry season kicks off with the return of Sunday School, Bible studies, and special events. September can feel busy, but I love the opportunity to see more of our Hope family together after we've taken turns having our times away seeing loved ones and special locations during the summer.

As we begin this new ministry season, it's a great time to remember the "why" behind the "what." Why do we do what we do as the church? Because God has made us His people, giving us new life, forgiveness, and hope in His Son Jesus. We are His church, sent by Jesus' authority to make disciples through baptizing and teaching, trusting in His presence and power with us always (Matthew 28:19-20). As we carry out this work together as the Hope family, we do so with a picture of what our life together can be: that we would be **"a growing, vibrant, praying, caring congregation, boldly reaching out with Jesus Christ in word and deed"** (Hope's Vision Statement).

Let's consider the first big word in our Vision Statement: **growing**. God gives us His Word and His Spirit so that we can grow up! On one hand, we can hear this collectively. God is invested in the numerical growth of His church. He desires that all would be saved and come to a knowledge of the truth (1 Timothy 2:4). God wants all to know Him as Father and to find life in Jesus His Son. Do we share our Father's heart for those who don't know Him? How can we welcome His children into the fold? Who needs to hear a warm invitation?

Growth can also apply to our maturity as God's children. This is what Paul has in mind when he employs the body metaphor in Ephesians 4. Individually, we "grow up" as God's children as we learn to trust Him more and more and as we reflect His love to others. Collectively, we "grow up" as the body of Christ as we trust Jesus together, reflect His love, and use our gifts to serve one another. Sometimes we think of growing up as becoming more independent. The truth is that we never outgrow our dependence on God—we always need His Word and the connection to the church. But as we stay connected and "grow up," our lives increasingly become a blessing to the rest of the body of Christ. By the Spirit's power, we don't become independent—rather, we become dependable. We become people who can be relied on as we lift up, encourage, and help one another.

God has good things for us as we hear His Word and trust in the Savior! May God bless us this month as we grow in Jesus together.

Christ's peace and joy,
Pastor Baye

Community Engagement Ministry

Submitted by Kim Thompson

Mission of the Community Engagement Ministry – To be Jesus' servants to meet physical, spiritual, and relational needs of the community.

Peanut Butter and Jelly Collection: Thank you to all who contributed to the collection for Paul's Pantry and the De Pere Christian Outreach Food Pantry.

“Bringing Hope to Menasha”

Menasha suffered significant devastation from the July tornado. While many groups are seeking to assist, full recovery takes time. The Community Engagement Ministry would like to invite you to join in a direct community recovery effort.

Maria Halbach is a friend of one of our Community Engagement members and serves as the Student Services Department Coordinator for the Menasha Joint School District. Her team works directly with the Pupil Services & Special Education departments – including School Psychologists, School Counselors, Social Workers, and the Special Education team – to understand student and family needs and provide support where it is needed most.

As they navigate the aftermath of the tornado that has displaced many of their families, Maria's department is taking the lead on gathering resources that families will need immediately and in the long term as they rebuild.

They have established a donation center where all collected resources will go directly to impacted students and families. They are currently distributing supplies to start the school year and will continue making them available as families work to reestablish their homes.

How You Can Help: If you would like to participate, please purchase a Scrip Card at the Hope Scrip counter for the “Bringing Hope to Menasha” project. **Please write “Menasha” in the top right corner of the order form.** Options include cards in any denomination for Festival Foods, Kwik Trip, Piggly Wiggly, Walgreens, and Pick 'N Save/Kroger. **Scrip sellers will keep the cards you purchased to hand over to the Community Engagement Ministry. Purchases can be made from September 6th through September 20th.**

Menasha and the school district thank you so much for your support. The generosity of surrounding

communities has been truly amazing, and they deeply appreciate the thoughts, prayers, and resources being provided.

Let's show an example of what Jesus would do! 😊

Hope's Health Corner

Walk through almost any grocery store today and you will see products promising more protein, added vitamins, fewer carbohydrates, or better nutrition. There are protein bars, protein shakes, protein cereals, protein chips—and probably a protein version of something else by the time you read this! But, how much do we actually need? When does “more” become too much? Nutrition advice can feel overwhelming, but a few simple numbers can help us make wiser choices.



Let's start with salt—more precisely, sodium. Most adults should consume **less than 2,300 milligrams of sodium per day**, which is about one teaspoon of table salt. Many people consume considerably more than that without ever picking up a salt shaker.

Sodium hides in bread, deli meats, canned soups, frozen meals, pizza, sauces, condiments, snack foods and restaurant meals. The Nutrition Facts label can help: any food item with sodium showing **20% Daily Value or more is considered high**, so comparing similar products can quickly reveal which choices are lower in sodium.

Sugar can be equally sneaky. The important number to watch is **added sugar**, not the naturally occurring sugar found in foods such as fruit and milk. The current Daily Value for added sugar is **less than 50 grams per day** based on a 2,000-calorie diet. That is about 12 teaspoons of sugar—and it can disappear surprisingly fast. Added sugar is found in obvious places such as soda, candy and desserts, but it can also turn up in flavored yogurt, breakfast cereal, granola, oatmeal packets, coffee creamers, ketchup, barbecue sauce, pasta sauce, salad dressings and many “healthy” snack or protein products. For example, a food item that is “organic” does not make it a naturally healthy food. Sugar can even wear disguises on an ingredient list, appearing as words such as syrup, dextrose, honey or concentrated fruit juice. When in doubt, check the “**Added Sugars**” line on the Nutrition Facts label.

Nutrition Facts	
16 servings per container	
Serving size	1 Tbsp. (21g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	34%†
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.	

Now for the protein craze. Protein is important for maintaining muscles, bones and other tissues, but most adults do not need to turn every meal into a protein challenge. The basic Recommended Dietary Allowance for adults is about **0.8 grams of protein per kilogram of body weight per day**, or roughly 0.36 grams per pound. For example, a 150-pound adult needs about 54 grams as a basic daily recommendation. However, older adults often benefit from more—commonly around **1.0–1.2 grams per kilogram per day**—to help maintain muscle mass and physical function as we age. A 150-pound older adult might therefore aim for roughly **68–82 grams per day**, depending on individual circumstances. Those with kidney disease or other medical conditions may need very different recommendations, so individualized advice from a physician or dietitian matters. The goal isn't "maximum protein." It is **enough protein, distributed reasonably throughout the day, as part of an overall balanced diet.**

And what about vitamins? More is not always better there, either. Our bodies need vitamins and minerals, but some can cause problems at high doses. In fact, several nutrients have established upper limits, including vitamin B6, vitamin D, vitamin C, zinc, iron and others. It is also possible to accidentally "double up" by taking a multivitamin while also using fortified drinks, energy products or individual vitamin supplements. A supplement can

be helpful when there is a genuine nutritional need, but a bigger dose does not automatically mean better health.

Perhaps the best nutritional advice is surprisingly simple: **eat real food, read the label, and remember that enough is usually enough.** The current Dietary Guidelines for Americans emphasize whole, nutrient-dense foods—including vegetables, fruits, whole grains, protein foods and healthy fats—while encouraging us to reduce highly processed foods, added sugars and excess sodium. We don't need to fear carbohydrates, idolize protein, or take a handful of vitamins every morning "just in case." Moderation, variety and balance still make a pretty good recipe for health.

Caring for our health doesn't require perfection—just a little wisdom, a little moderation, and perhaps a little less sugar hiding in places we never expected to find it!

Bryan Carlson, BSN, RN and
Leighann Heling, BSN, RN
Hope Lutheran Parish Nurses

Sunday School & Youth News

Submitted by Kaitlyn Gregory, DCE

Sunday School will begin on Sunday, September 13th, from 9:15 a.m. to 10:15 a.m. Please register for Sunday School by using this link:
<https://www.hopedepere.org/sunday-school-registration/>

The Sunday School theme verse for September is Psalm 139:14, "I praise You for I am fearfully and wonderfully made." The Sunday School offering will go to offsetting the costs of Sunday School supplies. Please note that this year's Christmas with Sunday School will be held on December 20th at 9:00 a.m.

Youth:

- On June 14th through 19th, we had 3 students attend a weeklong service event in Weston, WI. To help fund this event, and future summer missions, we have started a Youth Missions Scholarship Fund. If you would like to donate to this cause, please contact Kaitlyn Gregory, DCE.
- Embers of Hope Bible Study (9th–12th) will begin on Wednesday, September 9th, from 6:30 p.m. to 7:45 p.m.

- Seroogy's Fundraising will begin August 26th and orders will be due back by October 7th.
- Our Feed My Starving Children mobile packing event will be on October 7th at Green Bay Community Church. More details to come soon.
- Our Youth Leadership Team will be planning an event for youth in 5th through 12th grades for October. More information to come soon.

Caregiver Support Group Beginning at Redeemer Lutheran Church

You may be a caregiver if you help support an aging parent, a loved one with dementia or cognitive changes, or a family member with a disability, stroke or complex health needs. Caregiving is extremely difficult and high stress. Redeemer Lutheran Church is pleased to announce they are starting a faith-based Caregiver Support Group to provide a safe space where you can share with others who understand you in a way no one else can, in addition to helping you find resources and education to help make day-to-day caregiving more manageable. The Caregiver Support Group will be meeting on the first Wednesday of the month in the Redeemer Ministry Center Meeting Room, 210 S. Oneida Street, Green Bay. The first meeting will be on Wednesday, September 2nd, from 10:30 a.m. to 12:00 noon. All caregivers are welcome to join us.

North Wisconsin District Adult Gatherings

Make plans now to attend one of the North Wisconsin District Adult Gatherings in 2026! The first will take place on Monday, October 12th, at Peace Lutheran Church, Eau Claire, and the second will be Tuesday, October 13th, at Mount Olive Lutheran Church, Weston. Registration & morning refreshments begin at 9:30 a.m. with the program from 10:00 a.m. to 2:30 p.m. A catered lunch will be served at noon. Devotions will be led by District President, Rev. Timothy Shoup.

The keynote speaker is Rev. Dr. Brian Gauthier, who serves as managing director – global mission operations of the LCMS Office of International Mission. Rev. Gauthier will share a message on

"Unpacking Lutheran Mission" providing insight and understanding of LCMS missions, the impact around the world, and how your congregation can make an impact.

The \$35 registration fee includes morning refreshments, program, and a catered lunch. Registration deadline is September 25th. Registration forms are available in the narthex and on the NWD homepage at www.nwdlcms.org under 'Events and Info'.

ABC Festival

The **ABC Festival (Auction, Bake Sale, and Chili)** is back! Join us for in-person fellowship on **Saturday, November 7th, from 4:00 p.m. to 6:00 p.m.** Mark your calendar to pick up your winning auction items, enjoy delicious chili or booyah, and pick up a tasty treat from the Women of Hope. We also anticipate family-friendly entertainment during the event!

Online Auction Details:

- **Auction Item Collection Begins:** Sunday, September 13th
- **Auction Items Due:** Sunday, October 11th
- **Bidding Opens:** Thursday, October 29th
- **Bidding Closes:** Thursday, November 5th at 8:30 p.m.

How Your Donations Help: As the largest fundraiser for both Hope Youth and Angels of Hope Preschool, your contributions make a direct impact. You can donate items to benefit a specific youth's Hope Youth Account, the general Youth Program, or Angels of Hope Preschool.

- **Youth Ministry:** Each year, our youth participate in a summer trip. In 2025, 12 youth attended the LCMS Youth Gathering in New Orleans, Louisiana. In 2026, 3 of our youth attended a weeklong service trip to Weston, Wisconsin. Your support helps our students to raise money for yearly activities and summer trips and build towards the 2028 LCMS Youth Gathering in San Antonio.
- **Angels of Hope Preschool:** Celebrate more than 20 years of providing quality early childhood education to our congregation and local community.

Next Steps: Start planning your donations now! A display with key dates, forms, and instructions will be set up in the narthex by mid-September.

Fall Women's Bible Studies

Check the Women of Hope bulletin board in the narthex to learn more about the Bible study opportunities for this fall. (There is no limit on the number of attendees.) All ladies are welcome!

Music Ministry: Singers & Instrumentalists Needed!

Have you considered sharing your musical gifts at Hope? We're welcoming singers for both **Hope Choir** (practice on Wednesdays, 5:15–6:15pm) and **Praise Team** (practice on Mondays, 6:30–7:30pm). No experience singing parts or reading music? No worries—we'll teach you! We're also looking for instrumentalists of all kinds—trumpets, clarinets, oboes, flutes, strings, and more—to help enrich our worship services.

Whether you're an experienced musician or someone who has been thinking, *"I used to play...maybe I should pick that up again,"* we'd love to hear from you! Come share your gifts and be part of Hope's Music Ministry! Reach out to Terry Brennan (tmbrennan22@gmail.com) or Bryan Carlson (bcarlson@hopedepere.org) for more information.

The Stewardship Ministry Presents... "Taxes, RMDs, and Generosity"

Join us on Sunday, September 20th, at 9:30 a.m. in the Meeting Room as we explore how Christians can think about taxes biblically and faithfully while also making wise financial decisions. We'll consider practical ways to use **Required Minimum Distributions (RMDs)** and **Qualified Charitable Distributions (QCDs)** to potentially reduce tax burdens, bless family members, and support the ministries God has entrusted to us. Come learn how thoughtful stewardship can turn tax planning into an opportunity for generosity and faithful care of the resources God has provided.

DPCO Christmas Store Fall Fashion Show!

The DPCO Christmas Store Fall Fashion Store will be held on Saturday, October 10th, from 12:30 p.m. to 3:00 p.m. at the First United Presbyterian Church, 605 N. Webster Avenue, De Pere. Tickets will go on sale the day after Labor Day.

NEW Lutheran High School is Hiring!

NEW Lutheran High is looking for an Attendance & Athletics Coordinator (part-time mornings) and a Custodian (part-time evenings). To learn more, please contact employment@newlhs.com.



HIGHLIGHTS INCLUDE:



GUEST SPEAKER

Rev. Germán Novelli

Director, LHM Hispanic Ministries

Also featuring:

- Rev. Timothy Shoup (North Wisconsin LCMS District President)
- Rev. Nathan Meador (South Wisconsin LCMS District President)
- No & So Wisc LWML District Updates
- Bridge Street Mission Presentation
- Orphan Grain Train Presentation and Ingathering/Packing School Supplies

Items Needed: Backpacks/Drawstring Bags/Totes; Spiral Notebooks; Pencils; Pens; Construction Paper; Crayons (24 count); Ruler; Glue Sticks; Scissors; Rectangular Eraser; Colored Pencils (12 count); Pencil Sharpener; Pocket Folders

NORTH & SOUTH WISCONSIN LLL JOINT DISTRICT CONVENTION

Faith Formation in the Household

But as for me and my household, we will serve the Lord.
Joshua 24:15

SATURDAY, OCTOBER 10

Rib Mountain Lutheran Church

227150 Harrier Ave • Wausau, WI 54401

7:30 a.m.

Doors Open

8:30 a.m.

Opening Worship Service

(Convention immediately follows)

REGISTRATION INFORMATION:



Register today by visiting
lhm.org/no-sowisc-lll or scan the
QR code with your mobile device.

Please register by Monday, October 5 for seat and meal count.

Are you a licensed healthcare professional?

We're looking for nurses, providers, and other
licensed healthcare professionals to help us expand
our health and wellness ministry at Hope!

Opportunities Include:

1

Vital Signs
and
Screenings

2

Health
Counseling/
Education

3

Nutrition-
based
Activities

4

Spiritual Care
for Members



Primary commitment: Between Sunday services.
Occasional special events may also be available.



Church liability insurance requires volunteers
to hold an appropriate healthcare license.



Reach out to Leighann Heling (prncssleighann@gmail.com) or
Bryan Carlson (bcarlson@hopedepere.org) for more info!



VOLUNTEER AS A **BIG!**

Right now, more than 100 kids in Northeast Wisconsin are waiting for a mentor like you!

Become a Big and support a young person by showing up consistently. All it takes is about an hour a week and a willingness to listen and be yourself.



Bigs are people from all walks of life. Whether you are a working professional, parent, retiree, or want to mentor with your spouse or partner, you can make a lasting difference by showing up for a young person.

As a Big, you will:

- Be matched with a child or teen, called a Little, based on shared interests and personality.
- Spend time doing everyday things together, like grabbing lunch, playing games, exploring hobbies, talking about school, or just hanging out.
- Show up consistently, listen, and help a young person build confidence and feel supported.
- Choose from flexible mentoring options to find what works best for your schedule.

GET STARTED!

Learn more at
bbbsnew.org,
scan the QR code,
or call
(920) 498-2227.





To all those who served at Hope in August, thank you for offering your time and talents in service to the Lord. We praise Him for giving you the gifts you possess and the heart to share them. Thank you for being Jesus' hands and feet among us. You are needed and appreciated.

Happy Anniversary!

Evan & Dylan Polkinghorne	9/4
Kathy & Ken Stephenson	9/4
Rick & Susan Haegele	9/11
Phil & Pam James	9/12
Shaun & Alexia Bessett	9/13
Walker & Ashley Flannery	9/13
Eric & Kerry Loppnow	9/16
Joshua & Laura Mier	9/17
Nan & Don Bongers	9/22
Kody & Morgan Sebo	9/22
Roger & Millie Grueb	9/25
Beth & Keith Vande Hey	9/28
David & Mary Mellem	9/29
Miranda & Cody Peters	9/30



Happy Birthday!

Lacey Bratz	9/1
Matthew Krainik	9/1
Vicki Campbell	9/3
Darlene Raddant	9/3
Lucas Halbach	9/5
Amy Koffarnus	9/5
Etta Green	9/6
Shirley Hendricks	9/7
Wade Flannery	9/8
Jessica McCormick	9/8
Leighann Heling	9/12
Griffin Schroeder	9/13
Nathan Baye	9/14
Vivian Bornowski	9/14
Ross Helein	9/14
Kim Thompson	9/16
Kristin Simons	9/17
Nathan Hengel	9/18
Nicole Lemke	9/18
Jennifer Vande Hey	9/18
Marilyn Sanders	9/19
Mason Schuld	9/19
Melissa Carlson	9/20
Gary Koomen	9/20
Terry Brennan	9/22
Joey Bratz	9/23
Randy Burhite	9/23
Adam Ford	9/24
Donesha Hillmann	9/24
Tia Splittgerber	9/24
Judy Muniz	9/25
Miranda Peters	9/25
Sarah Thompson	9/25
Effie Fink	9/27
Sharon Hillmann	9/29
Heather Ryczek	9/29

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 AM Oak Street Bible Study 9:30 AM Ladies Bible Study 7:30 PM Ladies Bible Study	2 5:00 PM Confirmation Leaders Training 5:15 PM Choir 6:30 PM Worship 7:45 PM Elders	3	4 Church Office Closed	5
6 8:00 AM Worship 9:30 AM Worship	7 Church Office Closed 	8 7:30 AM Oak Street Bible Study 9:30 AM Ladies Bible Study 7:30 PM Ladies Bible Study	9 5:15 PM Choir 5:30 PM Confirmation 6:30 PM Embers of Hope 6:30 PM Worship	10	11	12
13 8:00 AM Worship 9:15 AM Sunday School 9:30 AM Adult Bible Study 10:27 AM Worship	14 6:30 PM Praise Team 6:30 PM Council	15 7:30 AM Oak Street Bible Study 8:00 AM Newsletter Submissions Due 9:30 AM Ladies Bible Study 6:00 PM Women of Hope 6:30 PM Men's Bible Study 7:30 PM Ladies Bible Study	16 5:15 PM Choir 5:30 PM Confirmation 6:30 PM Embers of Hope 6:30 PM Worship	17	18	19
20 8:00 AM Worship 9:15 AM Sunday School 9:30 AM Stewardship Presentation: Taxes 10:27 AM Worship	21 6:00 PM Angels of Hope Board 6:30 PM Praise Team	22 7:30 AM Oak Street Bible Study 9:30 AM Ladies Bible Study 6:00 PM Education Ministry 7:15 PM Men's Bible Study 7:30 PM Ladies Bible Study	23 5:15 PM Choir 5:30 PM Confirmation 6:30 PM Embers of Hope 6:30 PM Worship DPCO Food Pantry Collection	24	25	26
27 8:00 AM Worship 9:15 AM Sunday School 9:30 AM Adult Bible Study 10:27 AM Worship DPCO Food Pantry Collection	28 6:30 PM Praise Team	29 7:30 AM Oak Street Bible Study 9:30 AM Ladies Bible Study 6:30 PM Men's Bible Study 7:30 PM Ladies Bible Study	30 5:00 PM Meal for Confirmation Families 5:15 PM Choir 5:30 PM Confirmation 6:30 PM Worship	Publication Information: Bulletin information is due Tuesdays at 8:00 a.m. Newsletter information is due by 8:00 a.m. on the 3 rd Tuesday of the month. Please call the church office or email office@hopedepere.org .		